

# DOSE OF REALITY FOR PARENTS/CAREGIVERS

## FACT: YOUNG PEOPLE AGES 12-25 ARE AT A HIGHER RISK OF ADDICTION;

And more than 70% of people who abuse prescription painkillers get them through friends or relatives.

### What kind of drugs are prescription painkillers?

Prescription narcotics (“opioids”) are painkillers prescribed by doctors, typically in pill form, to help patients with severe or chronic pain. While their use and benefit is widely debated, there’s one thing for certain: users are *always* at risk for addiction.

#### Some common prescription painkillers include:

- |                 |                 |
|-----------------|-----------------|
| ● Oxycodone     | ● Fentanyl      |
| ● Hydrocodone   | ● Propoxyphene  |
| ● Diphenoxylate | ● Hydromorphone |
| ● Morphine      | ● Meperidine    |
| ● Codeine       | ● Methadone     |

### What are signs of addiction to watch for?

Some signs are physical, and some are behavioral.  
**Common signs include:**

- Noticeable feeling of extreme happiness
- Marked sleepiness/drowsiness
- Small pupils
- Slowed breathing
- More frequently nodding off
- Loss of consciousness
- Constipation
- Confusion
- Dramatically changing moods
- Social withdrawal or new friend group
- Loss of interest in sports or hobbies
- Change in eating, sleeping, or personal hygiene
- Taking medication for reasons besides pain
- Consistently late to school/work or increased absences



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.

Funded also in part by Marshfield Clinic Health System, Northwoods Coalition, Alliance for Wisconsin Youth.

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Learn more at:  
**DoseOfRealityWI.gov**

A message from Wisconsin Department of Justice, Brad Schimel, Attorney General, and the Wisconsin Department of Health Services



Wisconsin  
Department of Health Services



# DOSE OF REALITY *FOR PARENTS/CAREGIVERS*

**FACT: IN THE U.S., PRESCRIPTION PAINKILLERS ARE INVOLVED WITH MORE OVERDOSE DEATHS THAN HEROIN AND COCAINE COMBINED.**

4 out of 10 teens believe prescription drugs are less dangerous and less addictive than street drugs.



## What parents and caregivers can do:

- Talk with young people about the dangers of prescription painkillers, especially opioids and narcotics
- Ask your healthcare professionals for non-narcotic alternatives if prescribed for the young people under your care
- Let young people know that you will stand by them and offer support if they need it
- Do not supply young people under your care with a steady supply of money if you are not certain about where and how it will be spent
- Rather than staging an “intervention,” focus on creating incentives to get young people to a doctor or substance abuse counselor
- Bring young people to a medical professional or counselor who can check for signs of drug use (including drug testing) and other mental health issues
- Consider taking away a young person’s phone or device if you suspect drug use
- If you suspect drug use, try to get young people to be evaluated by a doctor or counselor
- Visit [DoseOfRealityWi.gov](http://DoseOfRealityWi.gov) for more information and links to resources



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